

LOOKING FOR AN EARLY MORNING WORKOUT TO START YOUR DAY?

Join your Diabetes Program's Fitness Program for an early energizing morning Spinning® workout.

NEARLY ONE MILLION PEOPLE RIDE IN A SPINNING® CLASS EVERY DAY!

Morning Spinning® Class

6:10 am – 6:55 am

Tuesday & Thursday

Spinning has become more popular than nearly every other cardio program ever created. If you are looking to burn calories, nothing compares to a Spinning workout—a typical Spinning class will get you burning up to 600 calories in just 40 minutes!

****Spinning is an indoor cycling class where participants do a 40-mins. or more workout to motivating music in which the instructor will coach/guide you through a variety of terrains/movements: Flats, Standing Flats, Jumps, Hills & Sprints.*****

DATES:

OCTOBER 2, 4, 9, 11, 16, 18, 22, 25, 30

NOVEMBER 1, 6, 8, 13, 15, 27, 29 (NO CLASS 20 & 22)

Come early to get your bike fitted! Please bring water bottle & a towel.

FYI- Spinning® can be a challenging workout. We recommend participants have a base of 3 months experience of physical activity prior to participating.



Class Limit of 8 riders.

Questions? Contact Rachel Seepie 480-362-7320